

## **ABSTRACT OF THE DISCLOSURE**

The invention relates to a perineum muscular power increase device and a method wherein a user can do perineum shrink training continuously with interest and goal because the shrink and the relaxation degree of the perineum muscles may be displayed visually. According to the invention, there is provided with a muscular power increase device for perineum region comprising a pressure assembly 2 which presses the perineum muscle P of a sitter upwardly and makes the center of the perineum region pressed upwardly, a first detection means 53 which is provided at the pressure assembly 2 and detects the force or the pressure that the pressure assembly 2 is pushed downwardly by the shrink force of the perineum muscle P while the user is shrinking the perineum muscle P.